

**MONDAYS** • 6:00 - 8:00 AM

# West Side **YMCA**

Group **Exercise** Schedule Winter 2019

wsyhealthylifestyles

**CONTACT US:** 212-912-2607 @ymcanyc.org H.I.I.T 6:30 - 7:25 PM Yanique **y** ⊙ f 6:30 - 7:30 PM Spin® Tracy 6:30 - 7:30 PM Hatha Yoga Wendy @westsideynyc 7:30 - 8:30 PM Masala Bhangra Deborah

	7:15 – 8:00 AM	Spin <sup>®</sup>	Alex	Spin Studio
	8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
I	9:00 – 9:25 AM	AOA Cardio Conditioning	Brian	<b>Group Exercise Studio</b>
닏	9:30 - 10:25 AM	DANCEALATES®:barre	Melissa	Group Exercise Studio
\$	9:30 – 10:25 AM	AOA Strength Training	Brian	Mind/Body Studio
9	10:30 – 11:25 AM	Zumba® Gold	Sonia	Group Exercise Studio
CHILD WATCH	10:30 – 11:30 AM	Vinyasa Yoga – Advanced	Marci	Mind/Body Studio
	11:30 – 12:25 PM	Total Body Conditioning	Melissa	Group Exercise Studio
	11:30 – 12:25 PM	Chair Yoga	Marci	Mind/Body Studio
	12:30 – 1:30 PM	MELT®	Edya	Mind/Body Studio
	12:30 – 1:30 PM	Pilates Mat – Beginner	Mike L.	Group Exercise Studio
	12:35 – 1:25 PM	Aqua Arthritis	Yean	Small Pool
	1:35 – 2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio
	6:00 – 6:55 PM	Masala Bhangra	Deborah	Group Exercise Studio
Ę	6:05 – 6:55 PM	Agua Aerobics	Juliet	Small Pool
I₽	6:30 – 7:25 PM	Tai Chi – Intermediate	Arnold	Mind/Body Studio
	6:30 – 7:30 PM	Spin <sup>®</sup>	Dennis	Spin Studio
CHILD WATCH	6:30 – 7:30 PM	Interval Training	Cathy	Gymnasium
Ū	6:30 – 7:30 PM	Beginner TRX	Eric	4th Fl. Multipurpose
	7:00 – 8:00 PM	Pilates Mat – Beginner	Paolina	Group Exercise Studio
	7:30 – 9:00 PM	Iyengar Yoga	Dmitri	Mind/Body Studio
		lychgar roga	Dillicit	Milia, Body Stadio
	TUESDAYS • • • • •	• • • • • • • • • • • • • • • • • • • •	• • • • • • •	• • • • • • • • • •
	6:00 - 6:45 PM	Spin <sup>®</sup>	Erica	Spin Studio
	7:00 – 8:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
王	9:00 – 10:25 AM	Iyengar Yoga – Gentle	Martha	Mind/Body Studio
CHILD WATCH	9:15/9:30 - 10:15 AM	Orientation/Spin®	Jonathan W.	Spin Studio
3	9:30 – 10:25 AM	AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:20 – 10:35 AM	Express Core Training	Jonathan W.	4th Fl. Multipurpose
ᇹ	10:30 – 11:30 AM	AOA Sit Fit	Alexandra	Mind/Body Studio
	10:30 – 11:30 AM	Total Body Conditioning	Julie	Group Exercise Studio
	11:30 – 11:55 PM	Core Training	Julie	Group Exercise Studio
	11:30 – 12:30 PM	AOA Stretch	Alexandra	Mind/Body Studio
	12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio
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	12/12:15 – 1:00 PM	Orientation/Spin®	Lisa	Spin Studio
	12/12:15 – 1:00 PM 12:15 – 1:15 PM	•	Lisa Jonathan W.	Spin Studio 4th Fl. Multipurpose
		Orientation/Spin® TRX Suspension Training Aqua Arthritis		•
	12:15 – 1:15 PM	TRX Suspension Training	Jonathan W.	4th Fl. Multipurpose
- 5	12:15 – 1:15 PM 12:35 – 1:25 PM	TRX Suspension Training  Aqua Arthritis	Jonathan W. Maaret	4th Fl. Multipurpose Small Pool
ATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga	Jonathan W.  Maaret  Stephanie	4th Fl. Multipurpose Small Pool Mind/Body Studio
WATCH	12:15 - 1:15 PM 12:35 - 1:25 PM 4:00 - 5:15 PM 5:30 - 6:25 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning	Jonathan W. Maaret Stephanie Erica	4th Fl. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio
ILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira	Jonathan W.  Maaret Stephanie Erica Professora Misil	4th Fl. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics	Jonathan W.  Maaret Stephanie Erica Professora Misil Juliet	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly!	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet	4th Fl. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L.	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin®	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 6:30 – 7:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 7:30 – 9:00 PM 7:30 – 9:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 7:30 – 9:00 PM 7:30 – 9:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga Seido Karate	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy Melvin	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio Group Exercise Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 7:30 – 9:00 PM 7:30 – 9:30 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga Seido Karate  Ashtanga Yoga: MYSORE	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio Group Exercise Studio 4th FI. Multipurpose
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 7:30 – 9:00 PM 7:30 – 9:30 PM WEDNESDAYS • • • • • • • • • • • • • • • • • • •	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga Seido Karate  Ashtanga Yoga: MYSORE Circuit Training	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy Melvin  Evan Lisa	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio Group Exercise Studio 4th FI. Multipurpose Group Exercise Studio
CHILD WATCH	12:15 – 1:15 PM 12:35 – 1:25 PM 4:00 – 5:15 PM 5:30 – 6:25 PM 6:00 – 7:15 PM 6:05 – 6:55 PM 6:30 – 7:25 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 6:30 – 7:30 PM 7:30 – 9:00 PM 7:30 – 9:30 PM WEDNESDAYS • • • • • • • • • • • • • • • • • • •	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga Seido Karate  Ashtanga Yoga: MYSORE Circuit Training Aqua Arthritis	Jonathan W. Maaret Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy Melvin  Evan Lisa Yean	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio Group Exercise Studio 4th FI. Multipurpose Group Exercise Studio Small Pool
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CHILD WATCH	12:15 – 1:15 PM  12:35 – 1:25 PM  4:00 – 5:15 PM  5:30 – 6:25 PM  6:00 – 7:15 PM  6:05 – 6:55 PM  6:30 – 7:25 PM  6:30 – 7:30 PM  6:30 – 7:30 PM  6:30 – 7:30 PM  7:30 – 9:00 PM  7:30 – 9:30 PM  WEDNESDAYS • • • • •  6:00 – 8:00 AM  7:00 – 8:00 AM  8:05 – 8:55 AM  9:00 – 9:30 AM  9:15 – 10:15 AM  9:30 – 10:30 AM  10:30 – 10:45 AM  10:45 – 11:45 AM  11:00 – 1:30 PM  12:12:15 – 1:00 PM  12:30 – 1:30 PM  12:30 – 1:30 PM  1:55 – 1:55 PM  1:35 – 2:35 PM  5:30 – 6:25 PM  5:30 – 6:25 PM  5:45 – 6:45 PM	TRX Suspension Training Aqua Arthritis Restorative Yoga Total Body Conditioning Capoeira Aqua Aerobics Dance Party – Family Friendly! DANCEALATES®:barre Spin® Train Like an Athlete – Advanced lyengar Yoga Seido Karate  Ashtanga Yoga: MYSORE Circuit Training Aqua Arthritis AOA Strength Training Pilates Mat AOA Cardio Conditioning AOA Stretch Feldenkrais Method Total Body Conditioning lyengar Yoga Orientation/Spin® Pilates Mat Aqua Dance Chair Yoga Meditation MELT® Performance Total Body & Kettlebells TRX Suspension Training	Jonathan W.  Maaret  Stephanie Erica Professora Misil Juliet Alet Mike L. Erica Robert Wendy Melvin  Evan Lisa Yean Liz Melissa Liz Liz Donna Cathy Richard Cathy Mike L. Juliet Tatiana Tatiana Edya Kathy Frank	Ath FI. Multipurpose Small Pool Mind/Body Studio Group Exercise Studio Mind/Body Studio Small Pool Group Exercise Studio 4th FI. Multipurpose Spin Studio Gymnasium Mind/Body Studio Group Exercise Studio 4th FI. Multipurpose Group Exercise Studio Mind/Body Studio Group Exercise Studio Mind/Body Studio Spin Studio Group Exercise Studio Mind/Body Studio Mind/Body Studio Mind/Body Studio Mind/Body Studio Group Exercise Studio Mind/Body Studio Mind/Body Studio Group Exercise Studio Mind/Body Studio Mind/Body Studio Group Exercise Studio Ath FI. Multipurpose
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Ashtanga Yoga: MYSORE

4th Fl. Multipurpose

Group Exercise Studio

Group Exercise Studio

Mind/Body Studio

Spin Studio

Evan



# Adult **Community Sports**

# **WEST SIDE Y ROAD RUNNERS CLUB**

Mondays & Wednesdays 6:30 PM Lobby

## **VOLLEYBALL**

Wednesdays 6:00 - 10:45 PM Gymnasium

## **BASKETBALL**

**Thursdays** 6:00 - 10:00 PM Gymnasium

## **PICKLEBALL**

Thursdays 10:30 - 12:30 PM Gymnasium

## **OPEN HANDBALL**

Tuesdays & Thursdays 4:00 - 7:00 PM 6th Floor Courts

# **RACQUETBALL CHALLENGE COURT**

Mondays & Wednesdays 6:00 - 9:00 PM Courts 3 & 4

# **SQUASH ROUND ROBIN**

Wednesdays 6:00 - 8:00 PM 6th Floor Courts







	6:00 - 6:45 PM 7:00 - 8:00 AM	Spin® Total Body Conditioning	Lisa Jonathan W.	Spin Studio Group Exercise Studio
CHILD WATCH	9:30 – 10:25 AM 9:30 – 10:30 AM 9:30 – 10:25 AM 10:30 – 11:30 AM 11:00 – 11:30 AM 11:30 – 11:55 AM	Zumba® Gold Classic Barre® AOA Cardio Conditioning AOA Sit Fit Upper Body Blast Core Training	Alet Jonathan U. Alexandra Alexandra Jonathan W. Jonathan W.	Mind/Body Studio 2nd Fl. Multipurpose Group Exercise Studio Mind/Body Studio Group Exercise Studio Group Exercise Studio
	11:30 – 12:30 PM 12:00 – 1:00 PM 12/12:15 – 1:00 PM 12:15 – 1:15 PM 12:35 – 1:35 AM 12:35 – 1:25 PM	AOA Stretch MELT® Core & Length Orientation/Spin® TRX Suspension Training DANCEALATES®:barre Aqua Arthritis	Alexandra Jon Jonathan W. Frank Melissa Kathy S.	Mind/Body Studio Group Exercise Studio Spin Studio 4th Fl. Multipurpose Mind/Body Studio Small Pool
CHILD WATCH	4:00 - 5:15 PM 5:30 - 6:25 PM 6:00 - 7:15 PM 6:05 - 6:55 PM 6:30 - 7:30 PM 6:30 - 7:30 PM	Restorative Yoga Boot Camp Vinyasa Yoga Aqua Aerobics Pilates Mat Spin®	Stephanie Emily Jorge Kathy S. Julie Erica	Mind/BodyStudio Group Exercise Studio Mind/Body Studio Small Pool 4th Fl. Multipurpose Spin Studio
	6:30 – 7:30 PM 7:30 – 8:30 PM 7:30 – 9:30 PM FRIDAYS • • • • • • • • •	Zumba® Nia® Dance Seido Karate  Ashtanga Yoga: MYSORE	Rich Jayne Melvin Evan	Group Exercise Studio Mind/Body Studio Group Exercise Studio 4th Fl. Multipurpose

FRIDAYS • • • • • •	• • • • • • • • • • • • • • •	• • • • • • •	• • • • • • • • •
6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Fl. Multipurpose
7:05 – 8:20 AM	Vinyasa Yoga	Kathi	Mind/Body Studio
7:15 - 8:00 AM	Spin <sup>®</sup>	Alex	Spin Studio
8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
8:25 – 9:25 AM	Pilates Mat – Advanced	Jonathan U.	Mind/Body Studio
9:00 – 10:00 AM	AOA Cardio Conditioning	Larissa	Group Exercise Studio
9:30 - 10:25 AM	Barre Workout	Kathy S.	2nd Fl. Multipurpose
9:30 - 10:25 AM	Cardio Sculpt	Julie	Mind/Body Studio
10:00 – 10:25 AM	AOA Stretch	Larissa	Group Exercise Studio
10:30 – 11:55 AM	Vinyasa Yoga	Tatiana	Mind/Body Studio
10:30 - 10:55 PM	Core Training	Louisa	Group Exercise Studio
11:00 – 11:55 PM	MELT®	Liz	Group Exercise Studio

Mind/Body Studio roup Exercise Studio roup Exercise Studio 12:00 - 1:00 PM Pilates Mat Group Exercise Studio Melissa 12:05 - 1:05 PM **Chair Yoqa** Mind/Body Studio Marci 12:15 - 1:15 PM Yanique 4th Fl. Multipurpose 12:35 - 1:25 PM **Aqua Arthritis** Kathy S. **Small Pool** 1:15 - 2:15 PM Meditation Mind/Body Studio Tatiana 6:00 - 7:00 PM Zumba® Toning Alet Group Exercise Studio

#### SATURDAYS• • • • •

CHILD WATCH

THURSDAYS •

9:00 – 10:25 AM	Tai Chi – Beginner	Tom	Mind/Body Studio
9:00 - 10:30 AM	Ashtanga Yoga	Evan	4th Fl. Multipurpose
9/9:15 - 10:00 AM	Orientation/Spin®	Court	Spin Studio
9:30 – 9:55 AM	Core Training	Jonathan W.	Group Exercise Studio
10:00 – 11:00 AM	Total Body Conditioning	Brian	Group Exercise Studio
10/10:15 - 11:00 AM	Orientation/Spin®	Jonathan W.	Spin Studio
10:30 - 12:00 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
11:05 – 11:50 AM	Spin <sup>®</sup>	Jonathan W.	Spin Studio
11:05 – 12:05 PM	Afro-Jazz	Uniqua	Group Exercise Studio
12:10 - 1:10 PM	Pilates Mat – Intermediate	Julie	Mind/Body Studio
12:10 – 1:10 PM	MELT®	Jon	<b>Group Exercise Studio</b>
1:15 - 2:45 PM	Iyengar Yoga	Richard	Mind/Body Studio
1:30 - 2:30 PM	Seido Self-Defense	Mel	Group Exercise Studio
3:00 – 4:00 PM	Feldenkrais Method	Donna	Mind/Body Studio

SUNDATS				
9/9:15 - 10:00 AM	Orientation/Spin®	Court	Spin Studio	
10:00 – 11:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio	
11:00 – 12:00 PM	Total Body Conditioning	Jonathan W.	Group Exercise Studio	
11:30 – 1:00 PM	lyengar Yoga	Val	Mind/Body Studio	
1:30 – 2:30 PM	Capoeira – Family Friendly!	Professora Misil	Group Exercise Studio	
4:00 - 4:50 PM	Rowing-Beginner	Gabe	Rowing Studio	
4:00 – 5:30 PM	Vinyasa Yoga	Jorge	Mind/Body Studio	
5:00 - 6:00 PM	Power Rowing	Gabe	Rowing Studio	
Please note: Blue classes indicate Active Older Adult classes that all adults are invited to join!				

#### Do you need someone to look after your child while you work out? We're here for you!

Bring your child, ages 1-7, to the YMCA Child Watch Program for a maximum of two hours per day. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available for adult and family members. Child Watch is located on the 3rd floor. Call 212-912-2607 up to three days prior to sign up.